Welcome!
Class of 2022

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Director, CMU Health Professions Program

Who is the HPP Director?

• Originally from Pittsburgh
• College: BA in Philosophy and Biology
  – Univ. of Colorado, Boulder
  – Took some time off...
• Grad school: Doctorate in Cellular and Molecular Pathology (cancer)
  – Univ. of Pittsburgh School of Medicine
• Post-doc: Johns Hopkins School of Medicine

• My path post-college:
  – Paralegal (criminal defense and personal injury)
  – Post-bacc year taking more science courses
  – Merrill Lynch stock options trader
  – Research technician: diabetes & 2-D gel electrophoresis + mass spectrometry
  – College Teaching Professor & Pre-health advisor
What is the HPP?

• An advising program to provide information and assistance to students interested in pursuing a career in a health profession.

• Our website: www.cmu.edu/hpp/

How the HPP can help

• Academic Advising

• Exploration of career options in the Health Professions

• Assistance finding volunteer, research and clinical opportunities

• Info seminars and application workshops

• Practice interview and committee letter writing

...and even life counseling
HPP Philosophy

- Advisor, teacher, faculty member, scientist, husband and father

- Pre-med is not a major → we encourage students to study in their field(s) of choice while incorporating pre-health pre-req courses.

- Sometimes people change their minds...often several times.
  - Think about 3rd year of medical school...

- No two applicants are the same so maintain your individuality.

Health Professions Careers

- Allopathic Medicine (MD)
- Osteopathic Medicine (DO)
- Physician Assistant (PA-C)
- Dentistry (DDS / DMD)
- Veterinary Medicine (DVM / VMD)
- Clinician/Scientist (MD/PhD, DO/PhD or DVM/PhD)
- Pharmacy (PharmD)
- Optometry (OD)
- Mental and Social Health (PhD / MS / MSW)
- Naturopathic Medicine (ND)
- Other affiliated careers: biomedical engineering, public health, genetic counseling, chiropractic medicine, nursing, sports medicine, podiatry, nutrition...
How are applicants evaluated?

- Grades: Total, Science, all other, year by year trends
- Standardized Test Scores (MCAT, GRE, DAT, PCAT, etc)
- Exposure and Commitment to the field
- Extracurricular Involvement (leadership?)
- Research Experience
- Work Experience
- Community Service
- Communication Skills
- Teamwork skills

How do I get ready for applying?

**One year of general biology with lab:**
- Modern Biology
- Physiology (or Genetics, Cell...)
- Biology Lab

**One year of general chemistry with lab:**
- Modern Chemistry I
- Modern Chemistry II
- Lab I or Tech I

**One year of organic chemistry with lab:**
- Organic Chemistry I
- Organic Chemistry II
- Lab II or Tech II

**One year of physics with lab:**
- Physics I
- Physics II
- Basic Experimental Physics (Lab)

**One year of English:**
- 76-101 Interpretation and Argument
- 76-2xx English course of the student’s choice

**College math (one year):**
- Calc I + Calc II  -OR-  Calc I + Stats
  *Stats required for Pitt Med 2020*
How can I prepare beyond the sciences?

- Social Sciences
- History
- Art
- Language
- Philosophy
- Ethics
- Social Decision Sciences
- Economics
- Political Science / Policy

Preparing yourself: beyond classes

- What are your strengths and weaknesses?
- How are your study skills?
- Have you been challenged as a student? ...in life?
- What are your motivations for a career in healthcare?
- Are you creative, independent thinker?
- Can you persevere?
- Do you communicate well?
  - Verbally?
  - In writing?
Getting Involved

• Service
• Research
• Network with peers
  – Doctors of Carnegie (DOCs)
  – Minority Association of Pre-Health Students (MAPS)
  – Alpha Epsilon Delta
  – GMBs & GPHBs
• Network with professionals
  – CMU faculty
  – Alumni
  – Clinicians in community

When should I apply?

• What is the “right time” to apply?
• When will I be ready?
• What if I want to take time in b/w college and graduate school?

• When it comes time, the HPP will be here to help!
The CMU committee process

- Simulates the medical/dental... admissions interview
- Typically you and 3 interviewers
- 2 hour time slot: usually 60-90min interview & ~15min feedback
- Video recorded and available to you
- Discuss strengths and weaknesses
- Provides both evaluation and mentoring
- Create committee letter of recommendation
- Scheduling...we’ll talk about that in a few years

Key Points to Consider EARLY in Your Undergraduate Career

- Choose a major that interests you
- Take courses other than science
- AP credit is not always accepted to fulfill requirements!
- Taking required courses abroad is a NO-NO and over the summer is not recommended
- Please meet with me before you overload or underload
Key Points to Consider EARLY in Your Undergraduate Career

- Balance your schoolwork, activities, and personal life
- Get to know your advisors and professors
  - Letters for internships, grad school, med school or jobs
- Ask for help
- Get involved (wisely)
  - Volunteer, research, shadowing...
- Explore your interests to expand your knowledge and test your commitment!

Key Points to Consider THROUGHOUT Your Undergraduate Career

- Build productive relationships with your teaching faculty and research advisor(s)
- Strive toward excellence and leadership in your endeavors
- Be mindful of professional and ethical behavior
- Avoid academic and/or integrity violations
Be well and take care of yourself!

How to reach the HPP office

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